

Patient Instructions for Nuclear Stress Testing

1. Please arrive 15 minutes prior to your appointment time.
2. **24 hours prior to the study** - Do not have caffeinated/decaffeinated products. These products include chocolate, coffee, tea, soda, etc. Do not smoke or consume alcohol.
3. **4 hours prior to your study** – Do not eat or drink anything except water.
4. Diabetic Patients ONLY: If you will be eating 4 hours prior to the study, please take your diabetes medication. All other diabetic patients should not take their medications. However, bring them with you to your appointment.
5. Bring a list of all your medications that you are taking at the time of the test. Be sure to note the **dose** and **how often** you take each medication. If you are to hold any medications prior to your appointment, bring them with you, as you can take them after the stress portion of the study.
6. Bring or wear comfortable clothing. NO sandals, backless shoes or shirts with metal buttons. Tennis shoes or other rubber soled shoes are preferred to walk on the treadmill.
7. Bring your **Insurance Card(s)**, completed **Referral Form** and **Order** from your physician.

PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR STRESS TEST.

(unless otherwise instructed by your physician)

Acebutolol	Carteolol	Kerlone	Pindolol	Verapamil
Adalat CC	Cartia XT	Labetalol	Propranolol	Verelan
Atenolol	Cartrol	Levator	Sectral	Viskin
Betapace	Carvedilol	Lopressor	Tarka	Zebeta
Bisoprolol	Coreg	Metoprolol	Tenormin	Ziac
Blocadren	Covera HS	Nadalol	Tenoretic	Sotalol
Bystolic	Imdur	Nitroglycerine	Timolide	Toprol XL
Calan	Inderal	Normodone	Timolol	Dipyriamole
Cardizem Cd	Inderide	Penbutolol	Toprol	Theophylline
Carteolol	Isotopin	Persantine	Transate	

PLEASE REMEMBER...

- Expect to be at the testing site approximately 3 to 4 hours.
- If you are claustrophobic and/or have a problem with being in a restricted environment for any period of time, please consult with your referring physician prior to your appointment.
- In the event you need to reschedule or cancel your appointment, you must give 48 hours' notice to avoid being billed \$150.00.
- If you think you may be pregnant or if you are nursing, please speak with your referring physician prior to your appointment

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Visit us online at
www.carient.com
 phone: 1.877.415.4116
 fax: 703.335.9531